



30TH YEAR ANNIVERSARY ISSUE!

new Bernal Journal

August/September '93

Serving the Bernal Heights Neighborhood of San Francisco

Volume 30 • Number 5 • Free!

Seniors Power at City Hall

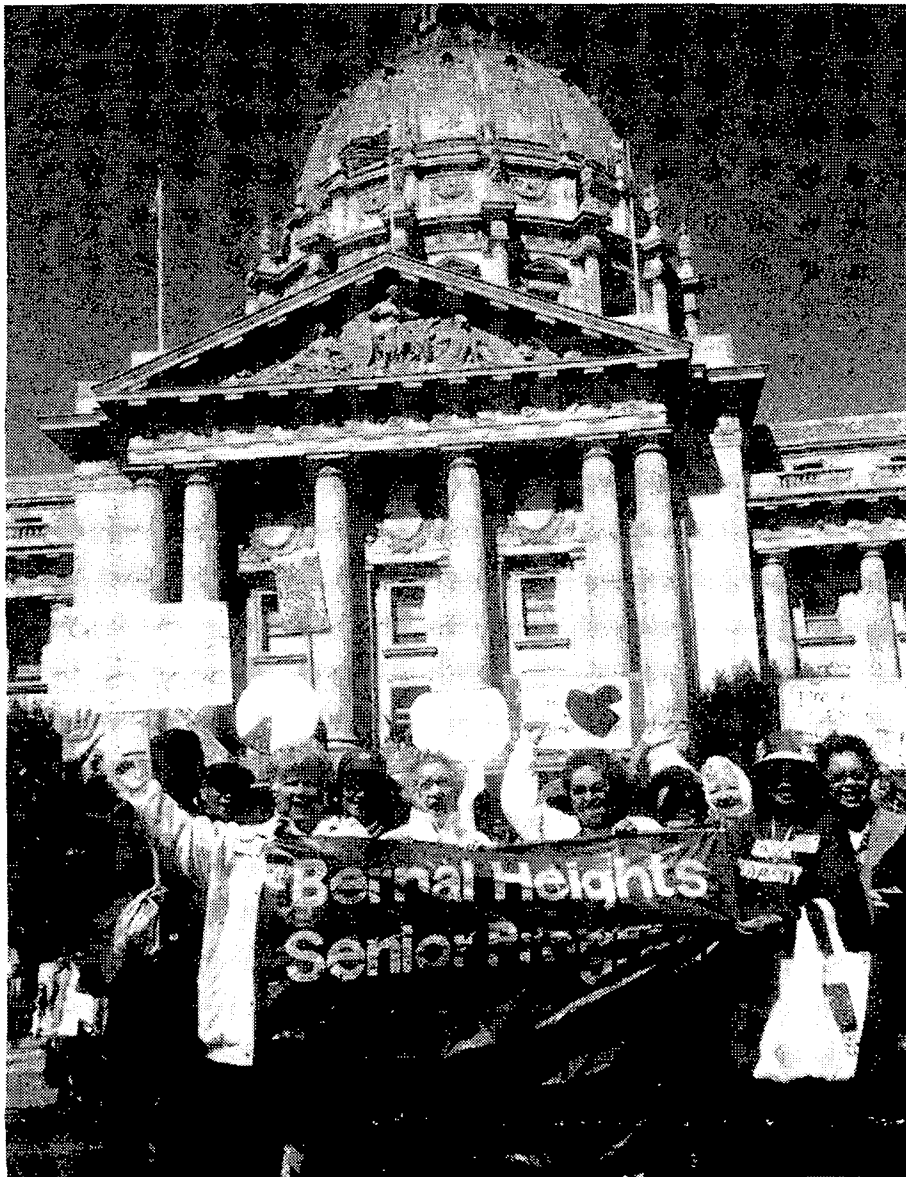


Photo by Vicki Victoria

Members of the Bernal Heights Senior Program joined over 1,500 other seniors on June 10th to rally City Hall - their platform included saving senior services, opposing Muni fare hikes, and keeping the public health centers and libraries open. For more senior news, see page 8...

People on the Hill

Super School Volunteer Daron Beasley

"He cares for us." "He wants to help us with our education." "He really likes us." These comments come from Paul Revere Elementary School students and they describe Daron Beasley, the volunteer who will be honored as the "Volunteer of the Year" by the San Francisco School Volunteers.

Daron became a volunteer when he enrolled his first child as a student, and saw the need for an extra pair of adult hands in the crowded classrooms. Seeing children ready and eager to learn, but in need of more help and encouragement to keep them on task, Daron pitched in. Since this beginning, Daron's volunteer role has grown both in and out of the classroom. And, he loves it.

He's a mentor, a mediator, and a positive

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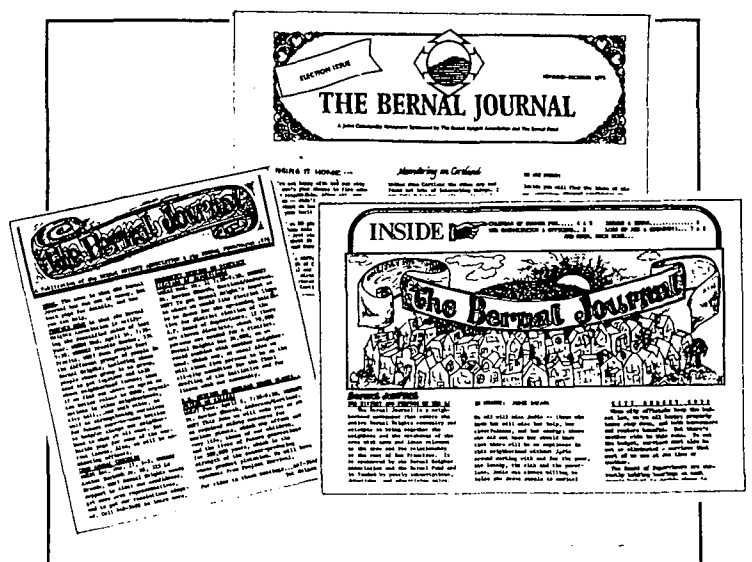
Daron Beasley prepares his Safety Patrol for an upcoming year of service at Paul Revere Elementary School.

30 Years!

History and Purpose of the BJ

By Billie Jones, June/July 1976

The Bernal Journal is a neighborhood newspaper that covers the entire Bernal Heights community and attempts to bring together the neighbors and the merchants of the area with news and ideas relevant to the area. It is sponsored by the Bernal Heights Association and is funded by yearly subscriptions, donations and advertising sales. It is a non-profit newspaper that has a possible broad base of participation - with articles and creative contributions accepted from the Bernal Heights community.



The BJ began as an annual issue in 1964 as the *Bernal Heights Journal*. In 1966, the Bernal Heights Association published and poetically renamed it the *Bernal Journal*. The BJ has evolved into a full-sized, 4 page, bi-monthly newspaper. It has gone through several phases due to depleting funds, but has always come out in some recognizable form. •

Not much has changed (except our yearly subscription rate is now \$9.00 instead of \$1.00!) regarding the focus and of the *Bernal Journal*. Today, the *New Bernal Journal* continues to provide the neighborhood with news, issues, events and people on the hill.

In the earlier years, the BJ was a 4 page publication on news print and other leaner times, a 8 1/2" x 11" photocopied sheet folded in half. But through its 30 years on the hill, the *Bernal Journal* never stopped due to the passion, commitment and dedication of the many volunteers who gave their time and talent to get the paper out.

For the past 30 years, the BJ has informed the community about clean ups, meetings to discuss plans for building new parks and

continued on page 4...

WE WON!

Planning Commission unanimously gives Market Heights its approval.

By Mindy Linetzky

After hearing extensive public testimony, the San Francisco Planning Commission unanimously approved the Negative Declaration and Master Plan Referrals necessary to construct Market Heights. Market Heights, the Bernal Heights Housing Corporation's plan for 46 affordable family rental units, will be built on the vacant hill behind the Farmers Market. The Farmers Market will continue to operate as it always has.

A Negative Declaration means

there are no environmental problems with building our housing. The Planning Commission has conducted extensive studies on soil, lead, geology, native plants, animals, and traffic and found there are no problems with the site. Approval of the Master Plan Referrals means that the plans for the housing and the site are consistent with the City's Master Plan.

As Mayor Jordan wrote in his letter of support to the Planning Commissioners, "Our City's continuing strategy to increase

continued on page 3...

Neighborhood Shopping Guide & Classifieds: Page 6 & 7

new Bernal Journal

515 Cortland Avenue, San Francisco, CA 94110
(415) 206-2144

The *New Bernal Journal* is a bi-monthly neighborhood newspaper sponsored by the Bernal Heights Neighborhood Center. It is dedicated to providing the people of Bernal Heights with community news, ideas, issues, and events that support the Center's mission: "To empower people in efforts to preserve the ethnic, cultural, and economic diversity of Bernal Heights and improve the economic condition of low and moderate income people in Bernal Heights." The *New Bernal Journal* is distributed door to door, free in Bernal Heights. Articles express the views of contributors and not necessarily those of the Bernal Heights Neighborhood Center.

For Advertising Call: 206-2144

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New Bernal Journal Staff/Volunteers

Editor: Vicki Victoria
Photography: Mauricio Vela, Helen Helfer, Vicki Victoria
Art Production: Victoria Graphics
Distribution: David Rogers & a cast of hundreds!
Contributors: Shirley Freund, Mauricio Vela, Helen Helfer, Jessica Murray

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Letters

Precita Park Delays

According to the Recreation and Parks Department the equipment for Precita Park was promised by Columbia Cascade, a Portland Oregon company, in early May of this year. The equipment still has not arrived and this is not the first time that this company has not made good on a delivery date, thereby, removing a major park from summer usage. The company apparently makes the best playground equipment, but does not deliver on time and won't do business with an organization that attaches a penalty clause to delivery times. I suggest that Bernal Heights residents write directly to the company President:

Mr. Ken Kirn
Columbia Cascade
1975 S.W. 5th Avenue
Portland Oregon
97201-5293

These letters should urge Mr. Kirn to expedite delivery of the playground equipment to the SF Recreation and Parks Department. It is a travesty that Precita Park is now a fenced in construction site, where already several have been injured. - Dick Fine, Precita Ave.

Downtown Should Pay its Fair Share

The Committee on JOBS advertisement sponsored by downtown companies, which your paper published in June, is full of distortions. The two largest pieces of misinformation concern city workers.

1. City workers don't average \$62,000 annually. SEIU members, which represent half of the

city work force, incomes range largely between \$30,000 and \$40,000. Hardly a bonanza. Moreover, unlike most city workers throughout the nation, our members do not currently receive dependent health care coverage. So their real overall compensation tends to be less, not more, than other public workers.

2. SEIU members do not receive automatic pay increases annually. In fact, our membership has taken wage freezes in two of the last five years and this year, we agreed to go yet another year without pay increase in recognition of the city's fiscal problems.

For the last 10 years, business revenue increases have been virtually flat. Specifically, this means that business has had no significant tax hikes while in fact their use of city services has increased. The resulting revenue deficit accounts for much of the city's economic problems. Downtown should pay its fair share and stop demanding that low and moderate income workers absorb their financial burden.

- Ken Grossinger,
SEIU Local 790

The City Needs to Live Within its Means

While the Committee on JOBS ad was sponsored by a number of the City's largest employers, it was also endorsed by the Council of District Merchants, a small business organization representing more than 40 neighborhood merchants associations. It was also endorsed by the SF Neighborhood Newspaper Association. Mr. Grossinger says the ad is in-

correct in stating that city workers average \$62,000 in compensation annually. This figure was obtained from the SF City Controller's Office and represents the average combined value of the salary and benefits received by all city workers.

While SEIU's workers have agreed to wage freezes in past years, they have received "double raises" in subsequent years as compensation.

San Francisco businesses pay more than half of all the nearly \$1 billion in local taxes collected by the city, and increases are levied every year.

San Francisco's per capita taxes on business are three times the national average, according to a study by the Mayor's Fiscal Advisory Committee. There is substantial proof that the City's high business taxes are driving large employers out of town and small employers out of business.

It has been documented that the increases in taxes on business do not result in increased revenues because businesses are moving out of the city. One reason they are moving is because taxes are so much less elsewhere.

If this ad was construed as anti-union or anti-city employee, I assure you that was not our intention. I myself was once a Teamster, and I respect the dedication of public employees who keep the city running in the face of continual budget crises. I intended to express the deep frustration and concern of San Franciscans who would like to see the City learn to manage its resources more effectively and live within its means.

- Mark Mosher,
Committee on Jobs

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Lynne Jassem



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LYNNE JASSEM
Realtor Associate
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California Parks & Wildlife Initiative

It is important that all California conservationist registered voters sign the petition to qualify CALPAW '94 for the June 1994 ballot. This initiative, coordinated by the Planning & Conservation League and supported by the Nature Conservancy, Sierra Club, Audubon Society and many others, is a major bond issue for the acquisition, development, rehabilitation and restoration of park lands, forests and more throughout the state, including the Bay Area.

With California's population increasing by more than 500,000 each year, it is imperative to save the remaining natural areas now, before they are destroyed. But 650,000 signatures are needed by September to qualify the initiative for the ballot. If you have not had the opportunity to sign the petition, call me at 282-5066. - Barbara Pitschel



A kick off music event is being considered to raise \$ for the 1993 Fiesta on the Hill. We will discuss this at the next Outreach Committee Meeting. Please join us on
Tuesday, August 3rd at 6:30 p.m.
Bernal Heights Neighborhood Center
515 Cortland Avenue
For more info: 206-2140

What's Up and Down In Bernal Heights

by Mauricio Vela, Center Director/Community Organizer

Prentiss/Nevada Block Club in an effort to reduce the consumption of alcohol and drugs in the Mini Park at Prentiss and Eugenia held a Mini Park clean-up on July 10th. Approximately 25 children, youth and families got together to paint out graffiti, clean the sand, pull weeds, and pick up trash. After the clean-up the neighbors held a barbecue to get to know one another. The BHNC Gang Prevention counselors will work with youth who consume alcohol in the park to get into positive alternatives that are taking place in Bernal. For more info contact Javier at 647-8750.

Save The Bernal Library Committee participated in the annual Cortland Avenue Clean-Up and Taste of Cortland on June 19th. Neighbors spent hours painting out graffiti, picking up trash, sifting sand, and pulling weeds, around the library, playground, and on Cortland Avenue. A monthly clean-up will be held on the 3rd Saturday of every month to keep the grounds of the library and playground clean. In other Library news, the committee is continuing its work to bring back Dorothy Coakley our children's librarian and increase circulation. Kudos to Lisa Kaborycha who is heading our very active committee.

Bocana Neighbors in an attempt to reduce fireworks usage and to get to know the youth who congregate in the area of Cortland & Bocana, neighbors held their first annual July 4th barbecue. About 20 adults and 15 youth huddle on the windy corner sharing oysters, hamburgers, hot dogs and laughs. The barbecue was the second event the neighbors have organized in order to reduce tension between youth and adults. It was a great success as many youth

- Continued on page 9 ...



Volunteers Kathy Kagawa and Mary Marchetti spend a sunny June afternoon painting out graffiti on the corner of Moultrie Street and Cortland Avenue for the Cortland Clean-up. Photo by Helen Helfer



Broken glass and cigarette butts are amongst the litter that Lisa Kaborycha and Mike sifted out of the sand in the Bernal Playground during the Cortland Clean-up to help make the children's play area cleaner and safer. Photo by Helen Helfer

Prentiss/Nevada Block Club neighbors held a barbecue after their mini-park clean up on July 10th. Neighbors painted out graffiti, cleaned sand and unveiled their new sign for the park.



Market Heights -

- continued from page 1...

production of affordable housing in San Francisco stresses the concept of making available underutilized city-owned property for this purpose. The land behind our landmark Farmers Market is an ideal location for such housing. It is my belief that the voters when they rejected Proposition L last November agreed that it was reasonable to consider housing on this underutilized site."

We want to thank all the Bernal neighbors and citywide organizational representatives who came to the hearing to show support. "It was great when President Unobskey asked the audience how many people here live in Bernal Heights and support the housing, and so many people raised their hands and cheered!" exclaimed Carren Shagley, a BHHC Board member.

Bill Sorro, President of the Bernal Heights Neighborhood Center, testified on the need for Market Heights in order to "...increase the possibility that our children, many who still live at home, can live in affordable housing in the community where they have grown up."

As always, concerns were raised regarding the affect of the housing on the Farmer's Market. The City Attorney submitted a certificate signed by Agricultural Commissioner G. Evan Weeth which states: "The physical structure of the proposed housing development will not

unreasonably interfere with the operation of the Farmers Market."

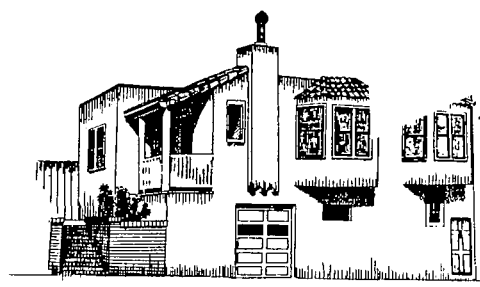
Helen Helfer, BHHC Executive Director, was very happy with the results of the hearing: "It has taken us close to three years to reach the Planning Commission, which is the appropriate arena for the public's concerns. Our City's goal is to provide 4,000 units of new affordable housing per year. Last year the City only constructed fewer than 400 new units. We're proud that our community is contributing to this critical effort."

Special thanks to all the supporters who came to the Hearing and wrote letters to the Commissioners including Congresswoman Nancy Pelosi, Mayor Frank Jordan, Miriam Blaustein (Gray Panthers), Tamara Phibbs, Mark Evanoff, and Andrew Butler (Greenbelt Alliance), Bill Sorro, Georgia Willette, Demece Garepis, and Patricia and Nicco Fasano, (BHNC Board members), Albert Giles, Chadwick Hamilton, Harold Franklin, Notty Bumbo, Carren Shagley, Charmaine Curtis, Jeff Miller, Mitchell Omerberg (Affordable Housing Alliance), Linda Weiner (Bernal Heights Democratic Club), Sally Holland, Novella Smith, Buck Bagot, Georgia Garepis, Mike Nolan, Sylvia Yee, Alma Robinson and Kathleen Lane (Arthouse), Barbara Thomson, David Baker, (North of Market Planning Coalition), Richard Allman, Janis Falco (Innovative Housing), Jennifer Clary (San Francisco Tomorrow), Kelly Cullen (Tenderloin Neighborhood Development Corporation), Helene Sahadi York (Bay Area Council), Merle Malakoff, Barbara Bagot-Lopez, and Margaret Gee (Chinese Community Housing Corp.). •

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30 years!

- cont'd from page 1...

its social services and community resources. It celebrated and bragged about the individual achievements of its many talented residents. The *BJ*'s photos recorded the many festivals throughout the years that have filled the hill with laughter, song and dance.

Today, thanks to the advertising support of our merchants, writing and artistic contributions of residents, monetary and moral support of subscribers and donors and the army of volunteers who distribute the paper door to door every other month, the *NBJ* continues to be a great 30 year tradition in Bernal Heights!

I would like to invite Bernal residents to help continue this tradition by supporting the *NBJ* and purchasing tickets for our 30th Anniversary Celebration and fundraiser on September 9th. You can also show your support for our community paper by patronizing the advertisers in the *NBJ* - tell 'em you saw their ad in the *New Bernal Journal*. We always need able bodies to deliver the *NBJ* every other month - it's a great way to see the neighborhood or just get to know your neighbors on your block! Together, we can keep this 30 year tradition alive and well!

- Vicki Victoria, Editor

BJ Editors through the years...

1964 - 1974

Theodore Connelly, Walter Curtis, Mimi Mueller,
Dan Glassoff, Genette Sonnesyn

1975 Pat Helton

1976 Annie Jones

1976- mid 1978 Greg Catoni and Phil Johnson
October, 1978 - 1979 Steve Chapple and Ann Kyle

1980 Ann Kyle Nolan

1980 Barbara Bagot, Teri Jackson and Barbara Kosman

1983 Carlos Alcalá

1985 - 86 Lurilla Harris

1987-88 Barbara Bagot

1988 Gail Corbit

1990-91 Arthur Kalson

1992 - 93 Vicki Victoria

Attention Bernal Journal collectors! If you have old pre-1976 copies of the paper, the *NBJ* needs your help to complete our archives! Please contact us and help preserve history!



From the pages of the Bernal Journal...

A Look at Bernal History through Two of its Landmarks



Precita Center

"Neighborhood troubles started it, neighborhood hands erected it, and now the neighborhood runs it." - SF News, 1932

Bernal Heights, originally a rural rancho owned by Jose Bernal, was largely populated in the 1920's by immigrant working class people from northern Europe and Italy. Then, as now, there were few facilities or playgrounds organized to occupy and educate youth. Schools discriminated against poor immigrant people by tracking them into unskilled labor, unemployment and discouragement. The result: crime, drug abuse and unfulfilled lives. The economic depression created even greater obstacles for youth.

As a result of this negligence and oppression, young people took their frustrations out on each other and fighting in the streets of Precita Valley was not uncommon. During one fight, a 16 year old boy was killed. The community responded with a unified effort to pool all resources and build a center open to all neighbors, youth in particular. The Precita Valley Community Club was originally built on Harrison and Precita, and was moved to its present site at Precita and Alabama Streets. In 1958 The Mission Neighborhood Centers embraced the center and strove to provide the original services and needs that the center was built upon: strengthen and bind people in their own neighborhood.

- By Carole Wiley

Bernal Heights Neighborhood Center

About 1910, when speaking pictures came about the building (Neighborhood Center) was called the "Nickelodeon" because silent films were shown for 5 cents. The place was used as a dance hall with dances twice a month and it cost the people of Bernal Heights (Bernal was called "Nanny Goat Hill" back then because many people had goats) 50¢ to get in.

Later on, it was used as a fighting arena. Boxing lessons were given by, believe it or not, Jack Dempsey and Mickey Walker!

After a while, it became Bill's Hardware store, which lasted for many years until his death. In the thirties the Judices owned a barber shop there (rent was only \$20 a month!) and lived upstairs. They eventually bought the building. It was a popular place where men could talk and socialize together. By the sixties, the barbershop still thrived.

- September, 1982 by Pete Tieso



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Phone: _____

Thank You!

Send to:

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515 Cortland Avenue
SF, CA 94110

Bernal Heights Neighborhood Center (BHNC)

Board & Committee Meetings

August & September, 1993

- Board Meeting
7:00 p.m., Mon., September 20th,
St. Mary's Playground
 - Fundraising Committee
6:00 p.m. Mon., August 16th
Wed., September 15th
 - Outreach/Community Organizing Committee
6:30 p.m. Tues., Aug. 5, Sept. 7
 - Senior Committee
5:30 p.m. Mon., Aug. 2, Sept. 13
 - Youth Committee
7:00, Thurs., Aug. 12, Sept. 9
- All Committees meet at the Neighborhood Center at 515 Cortland Avenue, unless noted otherwise. Call the BHNC at 206-2140 for more info.

**New Bernal Journal
30th
Anniversary
Celebration!**

30

**Thursday, 6:00 - 11:00pm.
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FEATURING
Live rock/reggae music by
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Handyman - repairs, painting, building shelves, decks, fences. References, reasonable rates. Harry Irving 824-6812.

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Affordable & Beautiful Floral Designs for your weddings, celebrations, funerals and any occasion. I work from my home, saving you money on expensive overhead costs of floral shops. Local references & delivery. Flowers by Christine, 821-7188.

Moderne Graphics/Desktop Publishing. Newsletters, brochures, business cards, catalogs, menus, t-shirts, letterhead, logos, newspapers, ad design. Free consultation. 282-7955.

Photographer for Hire - Capture the moment. Portraits, events, weddings, bah mitzvahs, catalogs, parties. Giorgio Anthony (415) 974-9024, Pager (415) 739-0949.

REAL ESTATE/RENTALS

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Office Space for Rent. Available for practitioners of alternative healing arts (bodyworkers, chiropractors, therapists, etc.) Reasonable rates and good location. For more information call (415) 285-7346.

Summer Tahoe Getaway! Beautiful Tahoe home in prestigious Incline Village. Hiking, golf, tennis, swimming, boating and beaches! 20 minutes to South Shore Casinos and shows. Large kitchen, 3 bedrooms, 2 baths, steam/sauna room, livingroom with fireplace, 2 decks, garage, all appliances & laundry. Call now for cheap summer rates! 282-7955.

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WANTED

Cash for furniture: Household items, rugs, jewelry, taxidermy & collectibles. One item or household. Quick courteous service. One-eyed Jacks, 621-4390.

Arts & Crafts supplies needed for the Bernal Heights Senior Program. Beads or old necklaces, baskets, ribbon, stuffing, lace, crochet & knitting needles, pillows, dried flowers, and more! Items should be clean and in good condition! Clear out your closets of unfinished crafts projects and kits! Drop off donations at 515 Cortland, 9am - 5pm, Monday- Friday or call us at 206-2145.

Saxophone Wanted. Guitar Wanted - Martin, Fender, Gibson. Top cash paid. 648-7858.

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Herbal Medicine, Acupuncture, Massage. Licensed Acupuncturist opening a new office near Bernal Heights. General practice; also specializing in women's health needs: Gynecological problems, fertility, stress and pain management. Call for appt.: (415) 285-7346

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VOLUNTEER OPPORTUNITIES

Donate Plants to Art & Earth, a collective workshop to bring artists and gardeners together with children in order to teach them how to express themselves and transform their environment. Volunteers for workshops at the Precita Valley Community Center are also needed. Call 985-7130.

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HAPPY 30TH ANNIVERSARY
TO THE NEW BERNAL JOURNAL

PLUMBING-206-1412
DESIGN * INSTALLATION * REPAIR * MAINTENANCE

VOLUNTEER OPPORTUNITIES

Share Your Time and Talent by leading a class or activity at the Bernal Heights Senior Program. Exercise and dance instructors are being sought to help improve the health of our neighborhood's elderly. Your help a few hours a month will make a difference for many senior citizens in our community! Contact Vicki at the Bernal Heights Senior Program, 206-2145.

JOB OPPORTUNITIES

Translators/Outreach Workers. 3 positions: One bi-lingual, bi-cultural in Chinese, one in Russian and one in Spanish for the Senior Action Network (SAN) a citywide federation of senior citizen organizations working to improve the quality of life for SF elders. \$15 - \$20/hour, based on experience. 20/hours/month. Resume before 8/15/93 to SAN Search Committee, 1435 Market Street, 2nd Floor, SF, 94013.

JOBS WANTED

Childcare available in my home. Reasonable rates, flexible hours. Call Lisa, 647-6599.

Young People in Bernal Heights are looking for work experience and job training to prepare them for a good future. If you have a job to do, call Raul at the Ready for Work Program at the Bernal Heights Neighborhood Center, 206-2140.

Housecleaning available. Reasonable rates, flexible hours. Call Lisa, 647-6599.

**CLASSIFIED AD DEADLINE FOR THE
OCTOBER/NOVEMBER '93 ISSUE
(PUBLISHED 10/2/93) IS 9/25/93.**

CLASSIFIED ADS
ONLY 20¢ per word!

TOTAL _____ words @ 20¢ per word = \$ _____

TOTAL ENCLOSED

20 word minimum. Hyphenated words count as 2 words. A phone number counts as 1 word. Placement order of an ad is at random at can not be requested. If you desire a tear sheet after publication, send a self-addressed stamped envelope and include a \$2.00 handling fee with your payment. If we misprint your classified ad and the error affects the value or content of your ad, we will repeat a corrected version in our next issue. **PLEASE PRINT CLEARLY!**

NAME: _____

ADDRESS: _____

DAY PHONE: _____

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New Bernal Journal, 515 Cortland Avenue, SF, CA 94110

Bernal

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NICCO'S
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Youth & Senior News

Summer Youth Programs in Full Swing

By Mauricio Vela and Jose Ramirez

The BHNC's Summer Youth Employment and Training Program is providing 114 low-income youth with summer employment. Another 26 youth are enrolled in our Ready For Work school to trades job preparation program. Our Gang Prevention counselors are out hitting the "Hot Spots" and directing our youth to positive alternatives. NIT-AMP has completed its needs assessment our community and now is working with 10 neighborhood youth who are participating in our mural project. Another 18 children are playing on our S.F. Giants Rookie Ball league team called the "Heights". We wanted to take this opportunity to present and thank the people who work with our young people who are the future of this community. We appreciate all their great efforts and contributions.



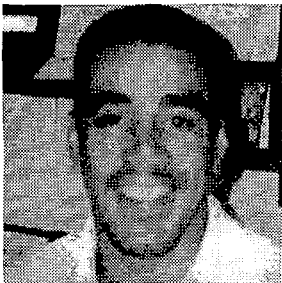
Laura Dominguez, Youth Employment Coordinator

Laura, 25 years old, is a graduate of UC Santa Cruz who majored in Psychology. She was born in East San Jose and was raised in Texas. A former PIC SYETP coordinator in Oakland, Laura is committed to the improvement of conditions for youth city wide.

Clo Dow, NIT-AMP Youth Organizer

Clo is 30 years old and she was born and raised in San Francisco. A graduate of Mercy High School, she went on to UC Davis and majored

in human development. She is the youngest of 7 children and would like to empower youth to make positive changes for themselves because she believes that they are the future.



Raul Rodriguez, Ready for Work Counselor/Job Developer

Raul is a 28 year old Bernal resident. He graduated and majored in Speech and Communication and also minored in Ethnic Studies at SF State. Raul is very committed to the youth development.

Enrico del Zotto, SYETP Program Assistant

At 26 years old Enrico is majoring in Music in SF State. Enrico has had previous experience as an organizer of the Hotel and Restaurant union local 2. He also enjoys impacting young people's lives.

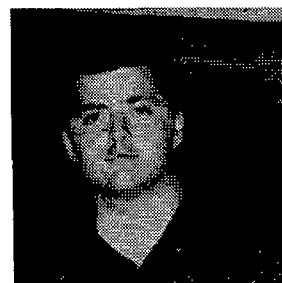


Lorena Archila, SYETP Counselor

Lorena is 24 years old and has just graduated from SF State in Ethnic studies and Spanish Literature. She is currently beginning graduate work in counseling. She was born and raised in El Salvador and enjoys sharing her life experiences with young people.

Tori Eva, Gang Prevention

Tori is 26 years old and a graduate of SF State who majored in Special Education and Physical Education. He is a father of four sons and was a para-professional at Paul Revere Elementary. His goal is to become a principal or a superintendent of a school district.



Irving Godinez, Gang Prevention

Irving is 20 years old and is the father of three...with one more in the way. He was raised in the Mission District and was a former Homeless Outreach Worker. He is currently enrolled at CCSF majoring in Fire Science and EMT. As a former gang member he struggles to provide youth with positive alternatives.



Photos by Mauricio Vela

Take Me Out to the Ballgame...



The BHNC's Gang Prevention/Youth Outreach Project with the help of PG & E, took 25 Bernal Heights and Jamestown Center youth to a Giants game in late June. The kids had a great time and the Giants won!

- Mauricio Vela

Senior Updates

Senior Escort

The Bernal Heights Neighborhood Center is hoping to bring Senior Escort services to Bernal Heights through their participation in the CMAC (California Minority Aging Coalition) contract proposal to the COA. The proposal would enable 10 senior centers to operate the Senior Escort service by utilizing each center's own vans and systems. Because CMAC's proposal involves 10 non profit senior centers, they are confident that they can manage the program efficiently since they see it as an expansion of their current services in their own communities. The Mayor's Office is currently considering the contracting out of the escort program to CMAC and will come to a final decision in August.

Family Storytelling Workshop

Workshop by Steven Henegar, Professional Storyteller, will be held on Saturday, August 28th for seniors and adults. The Storytelling Workshop, sponsored by the Kiwanis Club of San Francisco, examines the importance of storytelling within the family and community, and is lively and full of stories. Workshop participants will explore where, why and how we tell stories, and the way that stories join together over time to help provide a strong sense of belonging to family and community. Participants will learn to rediscover the stories in their own lives, and the workshop leader will help with a simple, direct guide to putting together and telling those stories. This free workshop will be held from

12:00 - 2:30 in the Bernal Heights Neighborhood Center at 515 Cortland Avenue. Pre-sign up required. Call 206-2145.

Presented by the The Bernal Heights Senior Program

Sponsored by Kiwanis in the Arts Program

Creative Movement and Drama Workshop

Jackie Basson will present two workshops at 10:30 a.m. on Wednesday at the Bernal Heights Senior Program. The Drama Workshop will be held on August 11th. The Creative Movement Workshop on August 4th is a great intergenerational activity for seniors with grand/great grandchildren around the age of 8 years old. Call Nic at the Senior Program at 206-2142.

Services for the Homebound Booklet

The 1993 edition booklet is now available. Featuring agencies and businesses that provide home deliveries and home visits, the publication was compiled for people who find it difficult to leave their homes and who wish to remain at home and be as independent as possible. The cost of the 43 booklet is \$2 and a copy can be ordered by calling the Senior Information and Referral Program at 626-2033.

Aging Creatively Course in Bernal

This CCSF class that offers a variety of exercises for seniors encouraging good health, positive thinking and well being. Discussions begin at 9:30 a.m. and center on how to make yourself feel better and how to help your doctor help you better, too. Many other topics pertaining to current events will also be discussed. No requirements or fees are necessary. Classes are held at the Bernal Heights Senior Program on Wednesdays from 9:30 - 12:00 and all seniors are invited to drop by.

BHNC Looks Forward to BEST

The BHNC and BEST (Bernal Elder Support Team) have been working together towards bringing BEST back as a program of the BHNC. The decision will be determined in October of this year when BEST funders decide on whether or not to continue funding the program to help frail elders in non-traditional ways. If funded, BEST and the Bernal Heights Senior Program will establish a "Continuum of Care" which will provide a more comprehensive and effective system of serving all seniors on the hill from "well" to "at risk" to "frail."

For information about these and other senior citizen services and activities, call the Bernal Heights Senior Program at 206-2142.

Youth Mural Project

The playground wall on Andover Street just off of Cortland Avenue is a huge, ugly block of concrete made even more unsightly by the constant scrawling of graffiti. This summer, a small army of neighborhood youth will transform the wall into a colorful work of art.

The project will go through September 6th and a of youth are currently being recruited to participate. The project is especially seeking more teenager girls to complete its team of diverse painters. For more info contact Clo at the BHNC, 206-2140.



Bocana Street neighbors held their first July 4th barbecue to reduce fireworks danger and also to foster harmony and understanding between the youth and adults on the street.

What's Up - continued from page 3...

attended and shared a meal with their neighbors. Building community is the key to harmony and safety in our community.

Bernal Playground/Gym facade/building improvement drawings have been completed. Due to engineering support needed, the rehabilitation will not be completed until Spring of 1994. In the meantime the BHNC's NIT-AMP and Gang Prevention Project have organized ten youth to paint a mural on the side on the Bernal Playground retaining wall. The wall is located on Andover between Cortland and Ellert. The youth will be working on the mural Monday - Friday 11am - 3:00 pm. Go by with some sodas and show some support. Don't forget to participate in the Tuesday night volleyball and Wednesday night basketball, both start at 7:00pm.

The BHNC's sponsored Heights are off to a winning start defeating Carecen 11 to 5 in the first game. The BHNC Gang Prevention component organized the team in an effort to provide additional alternatives for our children. It also allows the BHNC to get to know more families in our community. The Heights are playing in the S.F. Giants/PAL Rookie Ball league and have about 18 kids on the roster. The BHNC Youth Committee is planning an awards ceremony for the end



The Precita Valley Committee met in Precita Park on July 10th to discuss the delayed completion of the renovation of the park and their concerns about having a safe place for children to play.

of August and needs donations to buy plaques and certificates. If you can help please call Mauricio at the BHNC. And if you like baseball, come on out and support our team.

Precita Valley Committee met Saturday, July 10th to discuss the lack of a safe and completed playground at Precita Park. Delays on the part of the equipment supplier have delayed the completion of the renovation (see the "Letters" section of this issue of the NBJ). The park is now scheduled to be completed in September. Representatives from both the Rec. & Park and the contractor will be invited to the next meeting on August 14th. The committee ended its meeting by conducting a mini clean-up of Precita Park. On a side note - St. Anthony's celebrated 100 years of service to our community on July 24th. Congratulations to Fr. Michael and his great staff at St. Anthony's.

NIT-AMP (Neighborhoods In Transition - A Multi Cultural Partnership) has just completed its needs assessment in Bernal Heights. 761 surveys were distributed in Bernal and 295 surveys were returned. In September, the results of the survey along with the results of the same survey taken in eight other communities, will be made available to the community. With the results, the Bernal's Children, Youth, and Family coalition will begin to develop strategies for mini projects and a long term plan to deal with substance abuse in our community. In the meanwhile NIT-AMP will be conducting an inventory of all children, youth, and family services in Bernal Heights. •

In Honor of a Great Leader...



Members of the Latin American Teachers Association thank School Board President and Bernal Heights resident Tom Ammiano for sponsoring the name change of Hawthorne School to Cesar Chavez School.

Photo by Rick Gerhart



Congratulations to the Mission YMCA's Children, Youth & Families program who spent numerous hours putting together their colorful float for Carnaval '93 Parade on May 30th.

Photo by Mauricio Vela

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BERNAL CALENDAR

• **Community Celebration of Art & Earth! Saturday, August 28th, 10:00 - 2:00 p.m.** Art & Earth, a collective workshop for children, brings artists and gardeners together with children, offering kids an opportunity to creatively express themselves and transform their own environment. *Precita Valley Community Center. More info call Shelly or Carrie at 985-7130.*

• **Family Storytelling. Sat. August 28th.** A Free Storytelling Workshop for seniors and adults by Steven Henegar, Professional Storyteller. The workshop will examine the importance of storytelling within the family and community, and is lively and full of stories. 12:00 - 2:30 p.m., B.H. Neighborhood Center, 515 Cortland Avenue. Pre-registration required, Call 206-2145.

• **NBJ 30th Anniversary Celebration! Thursday September 9th, 6:00 - 10:00pm.** The *New Bernal Journal* celebrates 30 years of publication in Bernal Heights with an evening of live rock/reggae music by "Beatmix," dancing and complimentary eats. The celebration will honor the *NBJ's* volunteer distributors and also be a fundraiser for the paper. Tickets \$7.00 - \$10.00 sliding scale in advance and at the door. *The Bernal De Janeiro Room at El Rio, 3158 Mission Street. Call the New Bernal Journal at 206-2144 for tickets and more information.*

• **Heights Baseball Games, Thurs. 8/5 & Tues. 8/17.** Come watch PAL Rookie League Bernal's own 8-10 year olds team, Heights play other teams in the area. *Balboa Park. Call Coach Anthony Evanchak, 821-9435 for more information.*



The BHNC's "Heights" baseball team got off to a great start this season thanks to its volunteer coaching staff: Clarence Castillo, John Marconcini, Anthony Evanchak and Roy Rivera.

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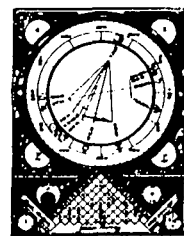
BHNC & BHHC staff celebrated at Tilden Park, Berkeley for the "Independence" Day wedding on July 4th of Senior Program Director/NBJ Editor Vicki Victoria and Paul Yaswen. Top: Noester Soriano, Helen Helfer, Nic Griffin, Paul Yaswen, Vicki Victoria, Carmen Morales, Mary Foy, Mindy Linetzky, Bob Henderson. Bottom: Mauricio Vela, Betty Soriano and Vernon Tarriel.

A Fond Farewell!



Over five hundred well wishers gathered in the St. Kevin's Parish Hall on June 27th to bid farewell to Fr. James E. O'Malley, Pastor of the church for 25 years. A leader in his parish as well as Bernal Heights, Fr. O'Malley inspired people to work together and build a strong community.

Many were sad to see him go and lose such a great leader, but they were equally happy to see the popular priest begin his well deserved retirement. Fr. O'Malley remarked how wonderful everyone had been and that his time in the neighborhood were "amongst the happiest years."



Astro Rap

by Jessica Murray

The counter-culture has finally arrived. It happened during the mid-60's, you say? From an astrological point of view, the seeds planted during that revolutionary period have at last come to blossom...in human form.

During 1965 and 1966 a rare and potent conjunction of distant planets, Uranus and Pluto, corresponded with the massive spread of civil rights and peace movements around the world. Western civilization was jolted free from its complacency.

The babies born under that configuration are now coming of age. They are having their Saturn Return, their initiation into adulthood, as the second distant-planet conjunction of the century - that of Uranus and Neptune - peaks in the sky.

The extreme power to challenge consensus reality which is embodied in the psyches of these young people has at this point met its deadline. Many of this generation will be tormented by their own unchanneled power. Others will be our leaders into the next world age.

Astrology by Jessica Murray, 626-7795

Aerobics With Baby

Personal fitness trainer Anne Windsor found herself in a quandary after daughter Julianna was born in March. She didn't want to give up her daily exercise program, but she also didn't want Julianna to feel ignored during her hour-long workout.

"I wanted to find a way to maintain my exercise regimen, and also make it quality time I could spend with Julianna," Windsor says.

That's when she started creating exercise routines that involve Julianna. In addition to lifting free weights during her workout, Windsor lifts her 12-pound daughter up and down. And when Windsor and her husband Peter exercise in the evenings, Julianna keeps a watchful eye on her parents while laying on a nearby blanket. "As we exercise, we talk and sing to her," Windsor says. "She just loves it. It's been working out great."

So great, in fact, that Windsor has started "Mothers in Motion," an expansion of her personal training business.

Beginning this September, she'll offer one-on-one training for mom and baby as well as personalized small-group programs in her Dolores Street home. The small-group program will meet three times a week and include low-impact aerobics, circuit training and aerobic walking (with baby in stroller or backpack).

"There are lots of new moms like me out there who want to form groups for camaraderie and support," says Windsor. "And given my experience as a trainer, I thought it would be great to get a group of moms together for exercise."

She says that it's up to individual moms to decide how much to involve their babies in the class. "Julianna really likes it when I dance and squat with her," Windsor says, "but not all babies do. However, I'd like to have the babies involved as much as possible." • Anne Windsor, Mothers in Motion, 821-1539.

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The Lost Art of Handmade Shoes

By Vicki Victoria

A lost art is quietly practiced on Cortland Avenue. "I'm the only person I know of in San Francisco who does this," remarks David Rogers from his 813 Cortland Avenue shop. David creates handmade, custom shoes and sandals "entirely from scratch." He is proud of the workmanship that goes into each of his shoes and his customers are thrilled with the best fitting, most comfortable shoes that they've ever worn.

"The overwhelming majority of people today walk in shoes that do not properly fit them," says David, "I custom fit and hand-make any style of shoe or sandal in any size and color, in leather, fabric and exotics." As proof of this claim, his shop is lined with an incredible variety of shoes from whimsical looking togs, calf skin Italian sandals, snake skin boots and your simple, standard loafer. His portfolio outlines his work throughout the years, including his smallest creation at 3 1/2" to his largest shoe of 8 1/2 feet.

"One third of my business is for people with foot problems - they don't care how it looks or is made, they just want the damn thing to feel good fit! For some people, I've been called a God send." David says foot problems are just one of the reasons people seek his service. "Most people like having something different, something special."

Unfortunately, the call for custom made shoes has not yet caught on and business has been slow. When asked why he doesn't do shoe repair to make ends meet, David responded that his store is also a live-in shop - he wouldn't want to the foot fungus dust from repair grindings floating around his live-in space in the back. David also rejects the repair work because he wants to remain an artist, creating his shoes as well as other leatherwork such as belts, wallets and bags. - *Hand Made Shoes & Sandals, 813 Cortland,*



David Rogers practices the lost art of custom made shoes on Cortland Avenue.



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Volunteer -

-continued from page 1...

role model. He's organized the school safety patrol, and he's been very active in the Parent's Club, working with families and acting as a valuable bridge between home and school on many occasions.

"Mr. Beasley has consistently and abundantly dedicated his time, energy and heart to the school," remarked student aid Tessa Charnofsky. In addition to organizing activities and raising money for the school, Tessa believes that Daron is also an important role model for the students, "He is a strong, African American presence in the school. He helps students to gain a sense of leadership and self actualization."

"There's no such thing as a dumb question," Daron tells his students, "Don't ever stop yourself from asking a question." His voice is firm, but caring as he addresses his Safety Patrol group. He tells them, "I'm going to love you and look after you just as if you were my own kids - but that also means that I'll chew you out just like you were my own if you

mess up!"

It's not uncommon for Daron to spend his entire day volunteering at the school. "Sometimes I'm here 20 or 30 hours a week," he says. His days are free as he works evenings as a Bank of America courier, handling corporate deposits and inter-office and postal mail.

Daron attended Michigan State University, and when a junior married and headed west. Though work and family, wife Tanya and daughters, Sheena and Taryn, definitely keep him busy, he would like to complete his college degree and become a teacher or work in counseling

and conflict management.

Paul Revere Principal, Randy Haves says, "I don't know what I'd do without him. He is a gift to all of us." The faculty who appreciate his assistance, the children who cluster around him and the parents who appreciate his energy and commitment to education know that the city has chosen a great "Volunteer of the Year." - *By Shirley Freund with Vicki Victoria*

Daron will be honored at the "Back to School Luncheon" benefit on October 21st. For more information about the benefit or to volunteer, call the SF School Volunteers at 274-0250.



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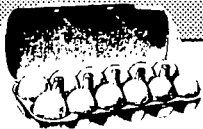
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